

# Fruit and Yogurt Parfaits

**Serving Size:** 1 Parfait    **Number of Servings:** 1    **Time:** 5 minutes

## Ingredients

- 1/2 cup vanilla nonfat yogurt
- 3/4 cup of fresh fruit
- 1/4 cup granola with lots of nuts/seeds



## DIRECTIONS

1. Layer 1/4 cup vanilla yogurt into the bottom of a tall glass or cup
2. Alternate layers of fruit and granola with yogurt until the glass is filled to the top
3. Enjoy the parfait immediately to keep granola crunchy.

**Note:** Frozen fruit is picked at peak season and frozen so you can buy your favorite fruit year-round!

Seasonal Fruits			
Fall	Winter	Spring	Summer
Apples	Apples	Apples	Blackberries
Bananas	Bananas	Apricots	Blueberries
Cranberries	Grapefruit	Bananas	Cherries
Kiwi	Kiwi	Kiwi	Peaches
Mangos	Oranges	Pineapples	Raspberries
Pineapples	Pears	Strawberries	Watermelon

NUTRITION FACTS	
<b>Serving</b>	1 Parfait
<b>Calories</b>	250 calories
<b>Fat</b>	5 grams
<b>Saturated Fat</b>	2 grams
<b>Sodium</b>	130 milligrams
<b>Carbohydrate</b>	42 grams
<b>Sugar</b>	12 grams
<b>Added Sugar</b>	0 grams
<b>Fiber</b>	5 grams
<b>Protein</b>	12 grams

Cost of Ingredients	
*assuming you don't have any of the listed items	
<b>Total*</b>	\$9.89

Cost of Recipe	
*Based on the amount of the ingredients you use	
<b>4 servings*</b>	\$4.92
<b>Per Serving</b>	\$1.23